Dendritic cells are allowing scientists to overcome a longstanding obstacle to research in immunology by extending the playing field beyond antigens to immunogens and beyond models to pathogens that cause disease.

The Dendritic Cell Advantage: New Focus For Immune-Based Therapies

by Ralph M. Steinman

Summary

Dendritic cells (DCs) provide a much earlier and antigen-specific means for manipulating the immune response. The best-studied function of DCs is to convert antigens into immunogens for T cells. The "DC advantage" entails a myriad of functions. DCs are more than antigen-presenting cells; they are accessories or adjuvants or catalysts for triggering and controlling immunity. Another special feature of DCs is their location and movement in the body; DCs are stationed at surfaces where antigens gain access to the body. The events that make up the life history of DCs are now being unraveled in molecular terms. As research on DCs expands, more potential functions and more sites for their manipulation are becoming apparent.

The focus of immune therapeutics has been on lymphocytes, the cellular mediators of immunity, and the suppression of lymphocyte function. The drug ciclosporin (cyclosporine) is an excellent and successful example. However, medicine needs therapies that enhance immunity or resistance to infections and tumors. Medicine also needs strategies, whether suppressive or enhancing, that are specific to the disease-causing stimulus or antigen. In contrast to lymphocytes, dendritic cells (DCs) provide a much earlier and antigen-specific means for manipulating the immune response. DCs capture antigens and then initiate and control the activities of lymphocytes, including the development of resistance to infections and tumors (reviewed in references 1–3).

The controlling role of DCs is best known for thymus-dependent lymphocytes or T cells which are important in many diseases, the most poignant being the AIDS epidemic (Table 1). DCs were identified in a few laboratories that were focusing on the induction of immunity from resting T cells. It was noted that immune tissues (spleen, lymph nodes, lymph, blood) had a small fraction of cells with unusual "tree-like" or "dendritic" processes. These distinctive cells had not been recognized previously and they proved to have distinct functions. Most importantly, DCs were potent inducers of immunity even in animals, not just the test tube, and now even in patients (reviewed in references 1–3).

The DC field was held back by the fact that there were so few cells relative

TABLE I: HUMAN DISEASES THAT INVOLVE T CELLS

- Rejection of organ transplants and graft-vs.-host disease in bone marrow transplantation
- Resistance to many infections including vaccine design
- Vaccines against tumors and immune therapies for existing tumors
- Allergy
- AIDS
- Autoimmune diseases like insulin-dependent (juvenile) diabetes, multiple sclerosis, rheumatoid arthritis and psoriasis

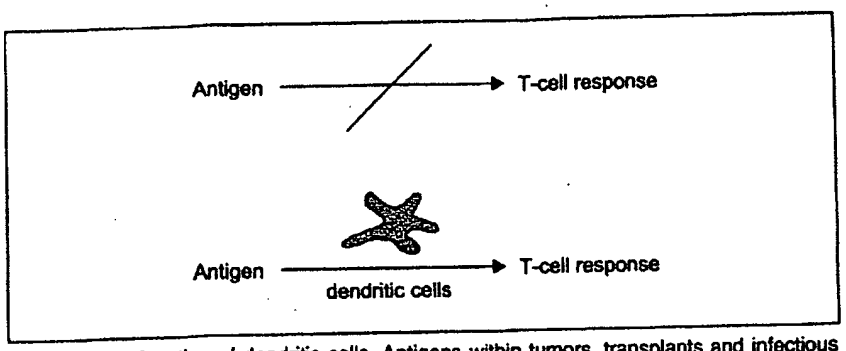

Fig. 1. A key function of dendritic cells. Antigens within tumors, transplants and infectious agents need to be presented by DCs to become immunogens, i.e., to make T cells begin to grow and exhibit their helper and killer functions.

to other players in the immune system such as B cells, T cells and macrophages. In reality, DCs are quite abundant for the job they have to do, namely, to initiate immune responses from antigen-specific T cells. In immune system organs like lymph nodes, DCs form an extensive network throughout the T cell-rich regions and physically outnumber any given antigen-reactive T cell by at least 100 to 1. The DC field was also held back because many thought that the cells were no different from macrophages, thus keeping investigators from working on the active DCs. In reality, DCs were identified on the basis of profound differences from macrophages, and their many distinct properties and functions were only uncovered by separating DCs from macrophages.

The best-studied function of DCs is to convert antigens into immunogens for T cells. The antigen receptors on T cells do not focus on intact proteins in microbes and tumors, but instead recognize fragmented or processed proteins, that is, peptides. The processing of protein antigens into peptides occurs within cells, and then the peptides are displayed or presented at the cell surface affixed to products of the major histocompatibility complex (MHC). The ensuing interaction between a T-cell receptor (TCR) and its specific MHC–peptide complex allows a T cell to detect peptides formed within cells in transplants, tumors, sites of infection and self tissues attacked during autoimmune disease (Table I). "Antigens" refers to specific substances recognized by the immune system, while "immunogens" refers to antigens that effectively induce responses either by themselves or together with enhancing materials called "adjuvants." For T cells in particular, antigens and immunogens are not one and the same (Fig. 1). Even preprocessed peptides and MHC–peptide complexes are weak immunogens. This was evident early on in the work of Peter Medawar, the great scientist who discovered the immune basis of transplantation. He spent many years trying to purify functioning transplantation antigens. These efforts were to little avail.

What was not known in Medawar's time is that transplantation antigens (later shown to be MHC–peptide complexes) become immunogenic when presented by DCs.[4] In other words, transplantation antigens when presented on many cell types are weak immunogens, but on DCs they become powerful inducers of immunity.[4] The same is true of peptides that become much more immunogenic when presented on DCs. DCs activate T cells by getting them to divide and express their helper and killer functions. Then the activated T cells interact with other antigen-presenting cells to eliminate the antigen in question. DCs are also called "nature's adjuvant," because prior adjuvants were artificial substances used to enhance immunity. The DC advantage entails a myriad of functions, some of which will be considered below.

Potency of dendritic cells in initiating immunity in tissue culture

What are some specific features of DCs that warrant attention? The first is their potency. Very small numbers of DCs are sufficient to trigger strong T-cell responses in test tubes. Immune assays are generally carried out with impure antigen-presenting cells, applied at a dose of one presenting cell for every T cell, the latter often preactivated. In contrast, roughly one DC per 30–100 T cells is more than sufficient to induce optimal responses, including responses by resting T cells. A single DC can simultaneously activate 10–20 T cells nestled within its sheet-like processes. Therefore, DCs are more than antigen-presenting cells; they are accessories or adjuvants or catalysts for triggering and controlling immunity.

It has always been clear that the accessory function of DCs did not depend exclusively on their capacity to process antigens to form MHC–peptide complexes. This is because the stimuli that were used to define the potency and immune-activating role of DCs did not require that the DCs process an applied antigen. Such stimuli included major transplantation antigens, mitogens, contact allergens, anti-

T-cell antibodies and superantigens. Furthermore, once resting T cells were activated by DCs, the T cells responded vigorously to antigens presented by other cell types, showing that the latter were not deficient in forming ligands for the antigen receptor on T cells, but instead lacked accessory properties.

The word "accessory" has since been replaced by the terms "professional" and "co-stimulatory," but the basic concept is unchanged by shifting terminology. T cells need stimuli other than their specific trigger or ligand (MHC–peptide complexes) to begin to grow and function, for example, to produce the interleukins and killer molecules mentioned above. DCs are potent in providing the needed accessory or co-stimulatory functions. For example, DCs produce an adhesion molecule called DC-SIGN that binds to a target on resting T cells called ICAM-3,[5] and DCs express very high levels of a stimulatory molecule called CD86 that binds to CD28 on resting T cells.[6] These are but two examples of the specialized activities of DCs. These cells do not operate as a single magic bullet.

Position of dendritic cells *in vivo*

Another special feature of DCs is their location and movement in the body. As criteria were developed to identify DCs, it became feasible to go back into the animal and patient to look for the corresponding cells in different tissues. DCs are stationed at surfaces where antigens gain access to the body (Fig. 2, left). The skin and the airway have been the best studied. DCs are found in afferent lymphatic vessels, special channels that allow cells to move from peripheral tissues to lymphoid organs, primarily the T-cell areas (Fig. 2, middle and right). This migration is most readily observed in models of skin transplantation and contact allergy, which are the two most powerful immune responses known.

DC migration is likely to be very important. The body's pool of T cells primarily traffics through the T-cell areas of lymph nodes, rather than through tissues where antigens are usually deposited. So when DCs capture antigens in the skin, airway or another peripheral tissue, their migration to the T-cell areas gives them a chance to select the corresponding rare specific T cells from the assembled repertoire (Fig. 2). The selected T cells then increase in numbers (clonal expansion) and function, enabling the specific immune response to begin. The initial frequency of T cells that recognize an antigen is very small. Only one in 10,000–100,000 of T cells in the repertoire responds to a specific MHC–peptide complex. Therefore, it is so precise and efficient for DCs to be able to pick up an antigen in the periphery and then initiate the immune response from rare T-cell clones in lymphoid organs.

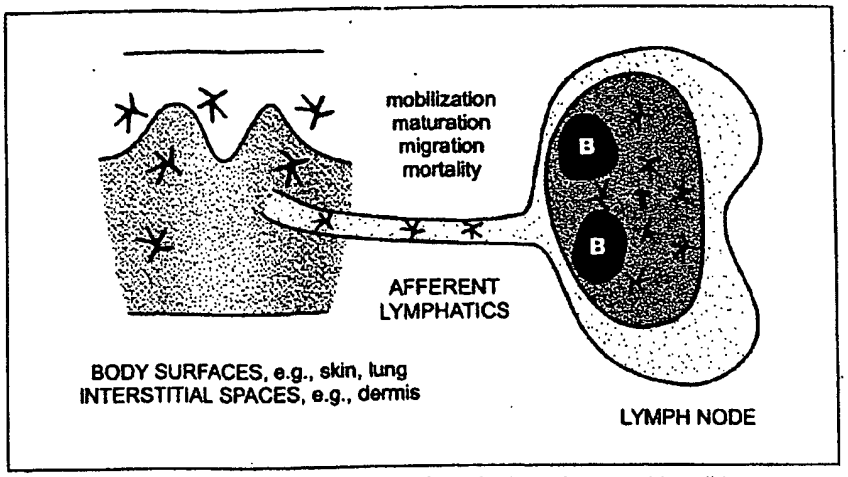

Fig. 2. Distribution of dendritic cells *in situ*. DCs at body surfaces and in solid organs can pick up antigens, move to the lymphoid tissues to find antigen-specific T cells and initiate immunity. Molecular mechanisms are being uncovered that govern the mobilization, maturation, migration and mortality of these DCs. In the lymph node, T lymphocytes are selected for expansion and differentiation into helper and killer T cells. The activated T cells then leave the lymph node to return to the body surface or peripheral organ to eliminate the antigen.

The events that make up the life history of DCs (Figs. 2 and 3) are now being unraveled in molecular terms. For example, scientists are figuring out how to expand antigen-capturing precursors to DCs using flt3 ligand and granulocyte colony-stimulating factor (G-CSF). Key players for the mobilization of DCs from the periphery to lymph nodes are the multidrug resistance receptors, usually studied for their capacity to mediate resistance to chemotherapeutic agents rather than movement of DCs. Migration of DCs is controlled by chemokines produced in the lymphatic vessels and lymphoid organs (Fig. 2). These act on DC chemokine receptors to orchestrate their movement to the T-cell areas. Then within the lymphoid tissue, several members of the tumor necrosis factor (TNF) and TNF-receptor families, such as TRANCE and CD40 ligand, trigger DC production of cytokines like interleukin-12. The TNF family also maintains DC viability. Otherwise the cells die within a day or two. Each of these components of DC function provides targets for manipulating immunity.

Priming of T-cell immunity via dendritic cells

Animal studies

During the early research on DCs, several labs administered antigens to experimental animals and then tried to identify the cells that had captured the antigens in a form that was immunogenic. Regardless of the route of antigen administration (blood, muscle, skin, intestine and airway), DCs were the major reservoir of immunogen.

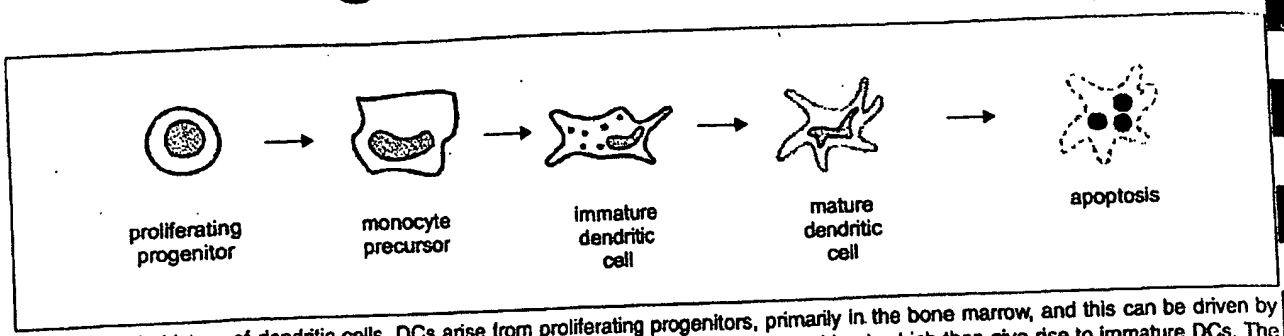

Fig. 3. The life history of dendritic cells. DCs arise from proliferating progenitors, primarily in the bone marrow, and this can be driven by cytokines like flt-3 ligand and G-CSF. Precursors are formed, such as the monocytes in blood, which then give rise to immature DCs. The immature DCs are capable of producing large amounts of antigen-presenting MHC products and capturing antigens. Multidrug resistance receptors are newly recognized players in the mobilization of immature DCs. DCs mature in response to various stimuli such as infection and inflammation, and migrate under the influence of chemokines to the lymphoid tissues. There the DCs die within a day unless their life-span is prolonged by TNF-family molecules expressed by the activated T cells.

Next, DCs were used as nature's adjuvant to immunize animals. The DCs were taken from mice or rats, exposed to antigens *ex vivo* and injected back into immunologically naive recipients. The animals became immunized to the antigens that had been captured by the DCs, and the immunization took place in the lymph nodes draining the site of DC injection. Genetic proof was provided that the DCs were priming the animal directly and not simply handing off their antigen to other cells.[7,8]

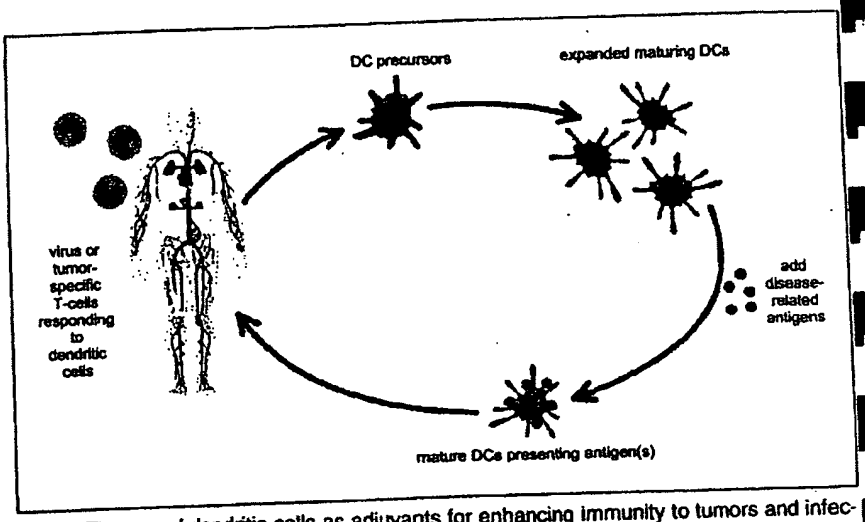

Fig. 4. The use of dendritic cells as adjuvants for enhancing immunity to tumors and infectious agents in humans. This new form of immune therapy begins with the isolation of DC precursors from the patient, usually from blood. The precursors develop *ex vivo* (in relatively simple tissue culture systems) into large numbers of more mature DCs. During this time, the DCs are charged with antigens from the tumor or infection. Then the DCs are reinfused to elicit immunity and thereby resistance to the disease.

DC-based immunization is really very different from all prior attempts at cell therapy. Immunology has had extensive experience with "passive immunization," whereby a recipient is given large numbers of cells that are activated prior to injection. It is hard to produce such large numbers of cells, and their lifespan, diversity and efficacy are all finite. In contrast, when relatively small numbers of antigen-charged DCs are used to induce immunity, this produces "active immunization." Now the animals (and patients, see below) can make their own diverse and longer lasting immune response to the antigen-bearing DCs.

Human studies

The above experiments made it clear that DCs, pulsed *ex vivo* with antigens, actively immunized animals and raised the exciting possibility that scientists would be able to induce resistance to tumors, infections and transplants in patients. For example, could one expose patients' DCs *ex vivo* to antigens in their tumors and then reinfuse the antigen-bearing DCs to elicit tumor-specific immunity (Fig. 4)? This approach is actually not terribly complicated, but one first had to overcome a major obstacle and learn to generate large numbers of DCs. These techniques became available in the 1990s. They have energized the field and, accordingly, clinical trials for the immunization of humans against cancer have begun on most continents.

It is evident that DCs can serve as adjuvants for humans, converting antigens into immunogens.[9,10] Even in advanced cancer, immune responses already have been observed that are similar to or better than immune responses obtained with other approaches. However, this approach is still in its preliminary stages, since a good deal of science remains to be developed. On the one hand, there are critical unknowns in terms of overall DC biology. Many of the clinical studies to date, for example, have overlooked key features that could improve DC function, such as the need for DCs

to be sufficiently mature (see below) to be effective *in vivo*. Also, DC biology has to be placed in the context of specific tumors and pathogens and patients for DC-based therapies to be optimized.

To summarize and further illustrate the role of DCs in the context of human disease (Table I), consider the need to harness T cells to resist tumors and chronic infections. Protein antigens often are known for a tumor-like melanoma, or for a virus like HIV-1 whose genetic sequence has been available for more than 15 years. However, this knowledge about antigens from melanoma and HIV-1 antigens remains to be converted into methods that provide better immunogens either for immune therapy of melanoma or for the design of HIV-1 vaccines. This is because some important facts of immunological life are being overlooked. When antigens are injected, they also need to gain access to the right DCs to become immunogens (Fig. 1).

Delivering antigens to dendritic cells

Broadly speaking, a central goal is to learn how to deliver or "target" antigens to DCs and simultaneously to differentiate or "mature" the cells to their most potent state. These two challenges, antigen targeting and DC maturation, prove to be intertwined.

Targeting means that the antigen should be in a form that the DCs can recognize. Without such recognition, the uptake and subsequent processing of antigen to form MHC–peptide complexes is suboptimal. DCs have a number of special mechanisms for capturing antigens and converting these into MHC–peptide complexes (Table II). For example, DCs have a receptor called DEC-205 whose binding partners or ligands are still unknown. Nonetheless, it is clear that DEC-205 greatly increases the capacity of DCs to form MHC–peptide complexes.[11] DCs also carry out a fascinating process called "cross-presentation." DCs can take up dying cells and efficiently extract peptides from them, so antigens "cross" from the dying cell to the DC. The discoverers of this phenomenon called it "resurrecting the dead."[12] Cross-presentation allows DCs to efficiently form MHC–peptide complexes from dead cells in tumors, transplants and tissues under autoimmune attack.

TABLE II: DENDRITIC CELL SPECIALIZATION TO INCREASE MHC–PEPTIDE COMPLEX FORMATION

- Receptors for antigen uptake, e.g., DEC-205
- Processing of dying cells, nonreplicating microbes and immune complexes onto MHC class I ("cross-presentation")
- Regulation of antigen processing by maturation stimuli
- Clustering of T-cell receptor ligands with co-stimulators like CD86

Special uptake and processing mechanisms allow DCs to tailor a protein antigen, as well as the proteins in a complex microbe or tumor cell, into peptides that bind to an individual's MHC products. The latter are exceptionally polymorphic, differing genetically from one individual to another. As a result, the relevant immunizing peptides differ from one individual to another. One reason why peptides are not ideal immunogens is that they must be individualized. DCs, in contrast, can capture antigens with high efficiency and likewise extract peptides that are relevant for any individual.

A second DC advantage is that these cells have the many required accessory or co-stimulatory properties for converting the selected peptides ("antigens") into effective immunogens. A third DC advantage is that these cells position themselves in a way that leads to the identification of rare antigen-reactive T lymphocytes *in vivo* (Fig. 2). DCs thus overcome many of the difficult obstacles in initiating immunity.

In order for an antigen to be a strong immunogen, one needs to provide a stimulus for the final differentiation or maturation of the DCs (Fig. 3). Most DCs in the body are in an immature state and lack many features that lead to a strong T-cell response. Immature DCs, for example, lack the CD86 and CD40 molecules that greatly boost the DC–T cell interaction. Immature DCs also lack a chemokine receptor called CCR7 that seems very important for proper migration and homing to lymph nodes to start immunity. For cancer immunology, it is unlikely that tumors provide maturation stimuli. Tumors may even block DC maturation induced by other stimuli. Therefore it is important to learn how to deliver tumor cells to DCs and bypass the normal obstacles to effective antitumor immunity.

Surprising recent evidence actually links DC maturation to the efficient formation of MHC–peptide complexes or TCR ligands (Table II). Immature DCs take up antigens, but they do not make abundant MHC–peptide complexes until they receive a maturation stimulus.[13,14] Maturation also up-regulates CD86 co-stimulators, but the CD86 actually travels together with the TCR ligands to the surface of the DCs. At the DC surface, the MHC molecules and CD86 remain clustered with each other, keeping the machinery for T-cell activation juxtaposed. This phenomenon will help explain the potency of DCs, because TCR ligands and co-stimulators are displayed together on the cell surface and in high levels.

Control points beyond antigen targeting and maturation of DCs

Research on DCs is moving more vigorously, because the cells are more readily available and because their role in the immune system is considered essential. Nonetheless, researchers in this field are just beginning to find ways to manipulate DCs *in situ*. Putting together an antigen that targets

to DCs with a stimulus for DC maturation will be a major step in improving the conversion of antigens into immunogens, as in immune-based therapies against tumors and infectious agents.

Additional challenges and questions are evident:

- How can DC numbers be increased *in situ* and how can active DCs be mobilized to a cancer or site of chronic infection?
- Can DCs induce strong immune memory to make vaccination long lasting and effective (we have only been reviewing the role of DCs in the initiation of immunity)?
- Can DCs change the quality of the immune response? "Quality" refers to recent evidence for different types of DCs, especially a subset that induces Th1-type T cells for resistance to infectious agents and strong memory.
- Is it possible to move beyond DC-based immunization experiments and use DCs to either regulate or tolerize the immune system, as frequently required in transplantation and autoimmune diseases?
- Can DCs influence elements of the immune system other than T cells; for example, B cells and the innate defenses provided by natural killer (NK) and NK-T cells?

The answer to all these questions is a preliminary "yes." As research on DCs expands, more potential functions and more sites for their manipulation are becoming apparent.

Dendritic cells and better control of disease

DCs provide important avenues for the investigation of human disease. Many labs are exploiting DCs to identify antigens relevant for immunity against human pathogens. In these experiments, one introduces complex but clinically important antigens to DCs and then identifies which components are best presented to the immune system. We have recently used this approach to identify previously unknown immune responses to the Epstein-Barr virus,[15] a virus we all carry that has the potential to cause cancer like Hodgkin's lymphoma. Other laboratories have been using DCs to identify new antigens in other infectious agents, in transplants and in cancers like melanoma.

Investigators are also manipulating DCs *ex vivo* and then reinfusing the cells to identify conditions leading to strong immunity in patients (Fig. 4). In particular, DC-mediated active immunization against cancer is being vigorously pursued, as mentioned above. Instead of manipulating DCs *ex vivo*, a more desirable goal would be able to alter DCs directly *in situ*. Some approaches are under way. An example is the injection of cytokines like flt3 ligand and G-CSF to mobilize various precursor populations of DCs. One should also develop methods to control DC mobilization, migration and maturation. In sum, DCs are allowing scientists to overcome a longstanding obstacle to research in immunology by extending the playing field beyond antigens to immunogens and beyond models to pathogens that cause disease.

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